

Trollfjell Geopark

A GEOLOGICAL FAIRY TALE LASTING MILLIONS OF YEARS

Dear visitor,

Please take care not to disturb the environment, take stones with you or collect rock samples when you are visiting Trollfjell Geopark. In this way, you can help to preserve these marvelous sites so that future generations also may enjoy them.

For more information about the geosites in Trollfjell Geopark see: www.trollfjellgeopark.no

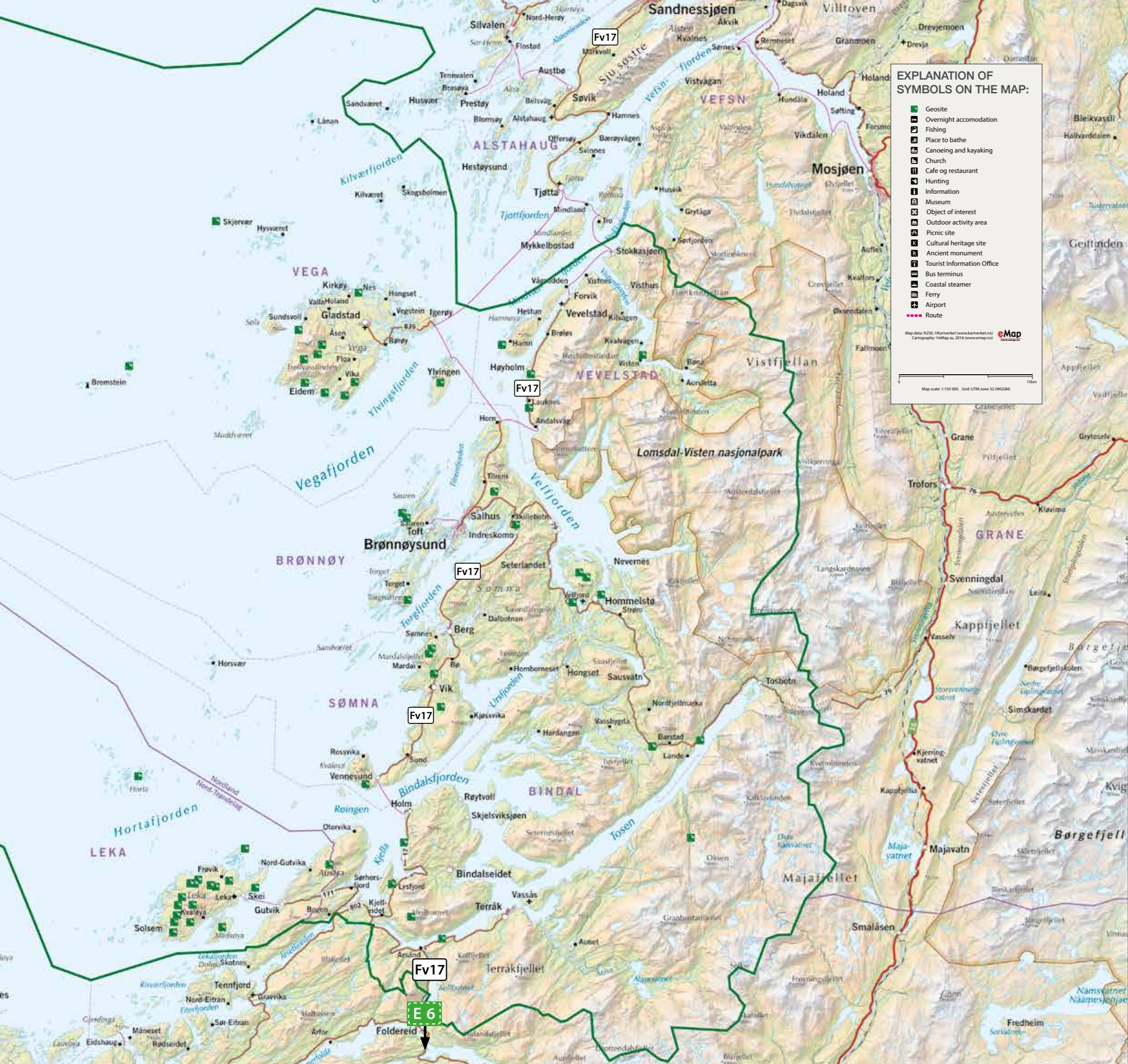
Photographs: Ole Hamnes (cover), Gaute Hauglid-Formo (Bremstein), Leif Rune Jensen (Leka), Nordnorsk kommunikasjon (Kayakks near Torghatten) Anna Bergengren (L30, L46, L53, L67, L99, Br23, Br1, Br8, Br9, Br24, Vg16, Vg6, Vg9, Vv3, Vv5, Bi1, Bi2, Bi3, S9, S2, S1, S5), Audhild B. Rande (Vega), Inge Ove Tysnes (Vg21), Rita Johansen (Vg22), Ø. Nordgulen (Vv4, Bindal, Bi7), Torhild Haugann (Biotite, Vv1), Sinkaberg Hansen (Bi1), T. Heldal (S7).

Graphic design: Gaute Hauglid-Formo. Printed by: Konsis Grafisk



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Welcome to Trollfjell Geopark

GEOLOGY. There's nothing dull about this amazing word. Geology is not just about mountains and rocks, but about how the landscape has been shaped over millions of years, and why and how people choose to live where they do.

The geological heritage of South Helgeland and Leka is very special and of international importance. Its value will be safeguarded and managed for future generations through the Trollfjell Geopark. The aim of the Geopark is to contribute to a sustainable development by raising public awareness about the role of geology in society.

In Trollfjell Geopark you can experience first-hand how geology is the foundation for landscape, biodiversity, cultural history and settlement. Although there are similar phenomena elsewhere in the world, it is their visibility and accessibility that makes Trollfjell Geopark unique.

Geopark is a status not a shield, and a vital part of its work is to increase the appeal of the area, both to locals and to visitors, through its unique geological history and the wonders this embodies.

ISLANDS OF THE NORTH – this majestic name is given to the coast of Helgeland and its vast and sprawling mass of islands – often referred to as the world's most beautiful archipelago. It is a reputation richly deserved – 12 000 islands, islets and skerries, surrounded by shallow waters and fairy-tale coastal mountains.

When the ice retreated at the end of the last ice age, the land began to rise up and islands appeared, all resting on a shallow strandflat*, probably the widest in the world. With the emerging lands humans soon arrived. The rich resources from both land and sea provided food for the islanders who lived in symbiosis with nature, far out at sea. It is a precious inheritance now secured for future generations as the Vega Archipelago World Heritage Area.

This landmass continues rising to this day, making it an ever-unfolding geological process. Its story began more than 500 million years ago with the collision of ancient continents and the resulting monumental forces that shaped this landscape. It is a story of the planet Earth developing and of what became South Helgeland and Leka - and today the Trollfjell Geopark.

*A strandflat is the geological term (derived from the Norwegian) describing wide expanses of shallow sea and low land typical of the Norwegian coast.



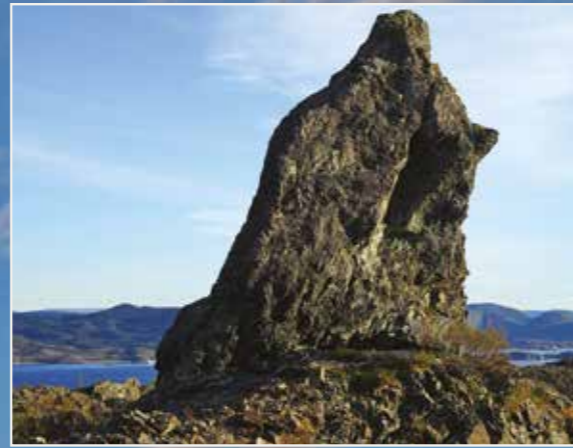
LEKA

Leka is Norway's Geological National Monument and displays a section through the oceanic crust better than anywhere else in the world. You can actually walk or cycle on the interior of the Earth. Leka was formed in a mid-oceanic ridge close to Laurentia (America) 500 million years ago. A fragment of the oceanic crust was then forced up on land when America and Europe collided 400 million years ago.

The reddish-yellow bedrock that is so characteristic for Leka is ultramafic rock formed in the deepest part of the oceanic crust and the underlying mantle. Here you can see the MOHO, the boundary between the mantle and the crust.

Leka also has a fine cultural landscape with actively utilised coastal heathland, cave paintings in Solsem cave and Herlaugshaugen, the largest Viking Age burial mound in Norway, which may contain a ship.

Leka is, nevertheless, perhaps best known for the "eagle kidnap", the story of three-year-old Svanhild who was taken by an eagle and survived. It took place as a fairy tale from reality in 1932, a long time after the myth about the Troll Mountains that ended near the southern point of Leka when Lekamøya, a beautiful maiden, avoided being struck by the Horseman's arrow and the sun transformed everyone into rock.



L30 LEKAMØYA

UTM 32W 0620892 7216453
65°2'58.9"N 11°34'8.2"E



EXCITING THINGS TO DO

Skeinesset cultural heritage trail

Skeinesset is a peninsula in the northeastern part of Leka where you can enjoy a variety of biological and cultural heritage pearls. Coastal heathland evolved through 4000 years of livestock grazing and heather burning dominates the landscape. The trail goes through this heathland, passing pagan burial graves and several viewing points. Information boards and signs describe the environmental assets and the geology. Ivarshallaren offers a fine view of the wetland areas that are protected for their birdlife. www.ut.no

Solsem cave

The paintings in Solsem cave were the first to be discovered in northern Europe, in 1912. There are more than 20 figures, including some depicting human beings and a cross-shaped painting that is more than three metres tall. In summer, you can enjoy a guided tour of the cave and see the paintings, which were probably made in the Stone Age or the Early Bronze Age. www.lekaopplevelser.no

USEFUL ADDRESSES

Overnight accommodation:
Motel – campsites – flats

www.visitleka.no
www.visitnamdalen.no
www.kystriksveien.no



L46 STEIN TIND

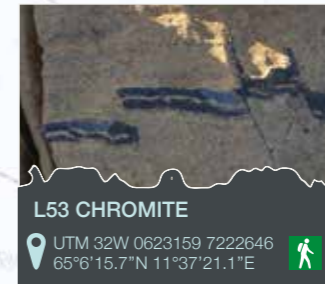
UTM 32W 0622297 7222163
65°6'1.3"N 11°36'13.6"E



GEOSITES – LEKA

L4	Romsskåla and Sønndalslia		UTM 32W 0637754 7225777 / 65°7'36.0"N 11°56'9.4"E
L10	Madsøya		UTM 32W 0626360 7217565 / 65°3'27.4"N 11°41'9.6"E
L15	Hårffellet strandlinje		UTM 32W 0622701 7217776 / 65°3'39.2"N 11°36'30.6"E
L26	Emaomn		UTM 32W 0620889 7217632 / 65°3'37.0"N 11°34'11.7"E
L27	Løva		UTM 32W 0621143 7218437 / 65°4'2.6"N 11°34'33.6"E
L30	Lekamøya		UTM 32W 0620892 7216453 / 65°2'58.9"N 11°34'8.2"E
L34	Raudstein		UTM 32W 0621133 7219564 / 65°4'39.0"N 11°34'36.3"E
L46	Stein tind		UTM 32W 0622297 7222163 / 65°6'1.3"N 11°36'13.6"E
L50	Støypet		UTM 32W 0622806 7222194 / 65°6'1.6"N 11°36'52.6"E
L53	Chromite		UTM 32W 0623159 7222646 / 65°6'15.7"N 11°37'21.1"E
L57	Leka's red core		UTM 32W 0624601 7222174 / 65°05'58.5"N 11°39'10.0"E
L58	MOHO		UTM 32W 0625184 7222039 / 65°5'53.4"N 11°39'54.2"E
L64	Nordlauvhatten		UTM 32W 0626629 7222875 / 65°6'18.4"N 11°41'47.5"E
L67	Leknesøyen		UTM 32W 0628099 7226650 / 65°8'18.1"N 11°43'52.5"E
L76	Skeinesset cultural heritage trail		UTM 32 W 0629664 7222371 / 65°5'57.9"N 11°45'38.1"E
L93	Hortavaer		UTM 32 W 0615280 7233664 / 65°12'21.5"N 11°27'50.8"E
L99	Herlaugshaugen burial mound trail		UTM 32W 0622782 7219752 / 65°4'42.8"N 11°36'43.1"E

Easy Moderate Demanding Expert Boat



L53 CHROMITE

UTM 32W 0623159 7222646
65°6'15.7"N 11°37'21.1"E



L67 LEKNESØYAN

UTM 32W 0628099 7226650
65°8'18.1"N 11°43'52.5"E



L99 HERLAUGSLØYPA
BURIAL MOUND TRAIL

UTM 32W 0622782 7219752
65°4'42.8"N 11°36'43.1"E



BRØNNØY

The coastal town of Brønnøysund, with its vibrant, varied, commercial life, is the regional centre in southern Helgeland and offers all sorts of services. To the south, Torghatten dominates the view – a troll mountain with a hole all the way through it. The fabulous Vega Archipelago World Heritage Area in the west is part of a shallow-water, islet-dotted strandflat.

The myth about the Troll Mountains explains the hole in Torghatten, made by the Horseman who shot an arrow to try to kidnap the beautiful maiden, Lekamøya. To save her, the king of the Sømna Mountains tossed his hat in the path of the arrow, and the arrow pierced the hat and was diverted. At the same moment, the sun shone and everyone was turned to stone. Just as imaginative as and much closer to the truth than that the hole was excavated by ice-cold natural processes during and after the last Ice Age.

Engavatnet, a lake near Velfjord, also has a troll-like atmosphere, especially when it disappears for weeks at a time to flow through caverns and tunnels deep in the Velfjord marble. Brønnøy once had large-scale production and trade in millstones.

Brønnøy has many attractive hiking trails, both close to the sea and in the mountains. The view of the archipelago is marvellous whichever peak you choose to climb.



EXCITING THINGS TO DO

Torghatten mountain

Torghatten is one of the greatest attractions in the region. The hole is 160 m long, 35 m high and 20 m wide, and gives the feeling of being in a majestic cathedral. The view through the hole out over the archipelago is spectacular. Follow the signs from the centre of Brønnøysund, over the bridge and southwards along the island of Torget. From the car park at Indre Hatten, it will take you about 20 minutes to reach the hole, partly on a well-made path. Afterwards, you may be tempted to eat at the restaurant by the shore at the foot of Torghatten.

Bicycle island hopping

How about exploring the islands by bicycle? From Brønnøysund, you can take a bicycle from island to island using ferries and express boats. This will give you close contact with wildlife, virgin nature, cultural landscapes and the forces of nature. Bicycles can be hired at the Tourist Information Office in Brønnøysund and on Vega. www.visithelgeland.com

Kayaking in the archipelago

The Trollfjell Geopark archipelago is made for kayaking. Whatever the wind direction, you can find an idyllic route for a kayak. The 12 000 islands, islets and skerries bring you into close contact with the natural elements and the teeming birdlife. With your base in Brønnøysund, you can take short trips near the town or longer ones to Torghatten and the neighbouring islands.

Kayak hire:

Nordnorsk Opplevelse,
+47 995 32 149

USEFUL ADDRESSES

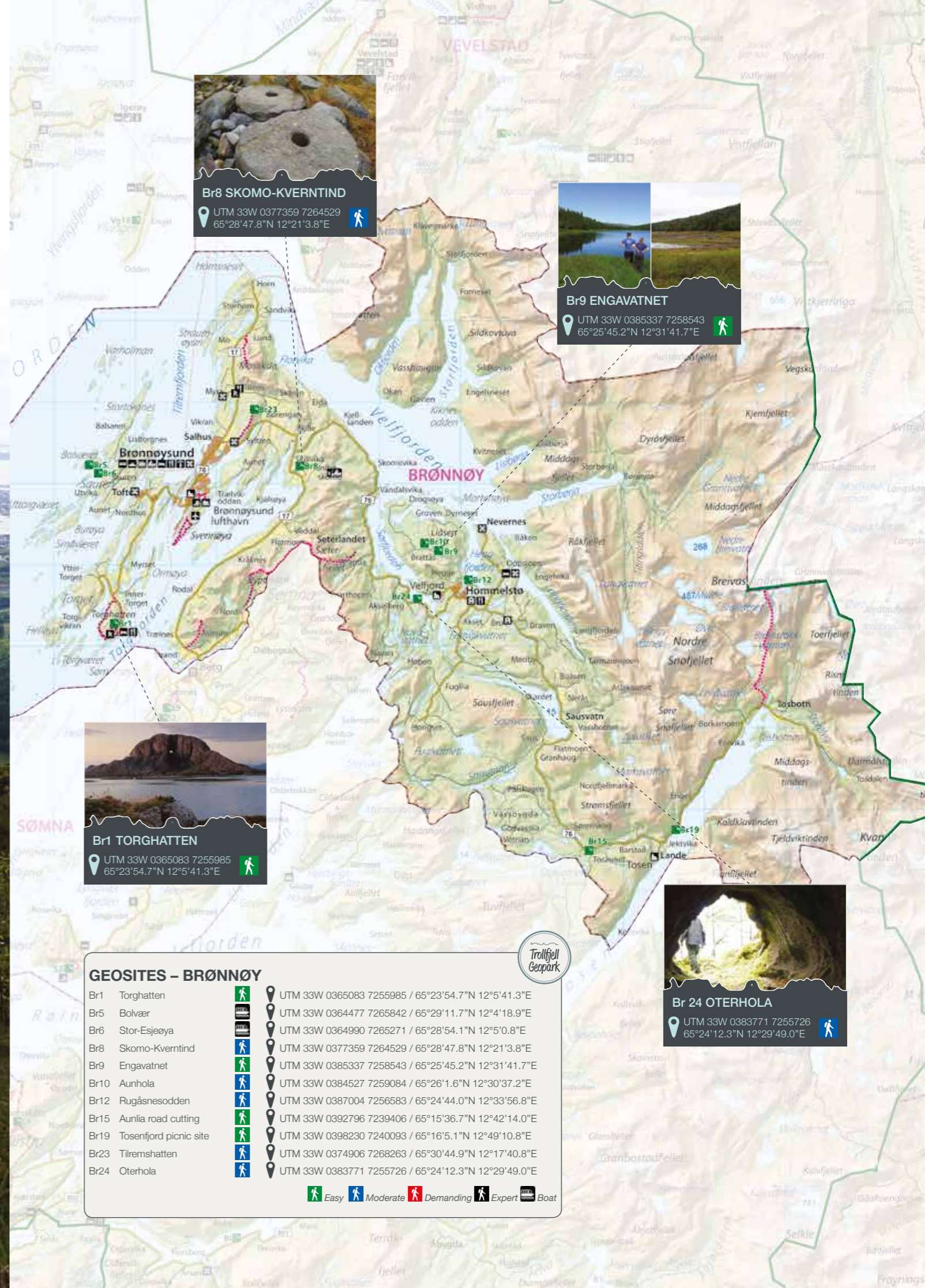
Overnight accommodation:

Motel – camp sites – flats

Tourist Information Office in Brønnøysund,
+47 75 01 80 00
www.visithelgeland.com
www.kystriksveien.no

Br23 TILREMSHATTEN

UTM 33W 0374906 7268263
65°30'44.9"N 12°17'40.8"E



Br8 SKOMO-KVERTIND

UTM 33W 0377359 7264529
65°28'47.8"N 12°21'3.8"E

Br9 ENGAVATNET

UTM 33W 0385337 7258543
65°25'45.2"N 12°31'41.7"E

Br1 TORGHATTEN

UTM 33W 0365083 7255985
65°23'54.7"N 12°5'41.3"E

GEOSITES – BRØNNØY

Br1	Torghatten		UTM 33W 0365083 7255985 / 65°23'54.7"N 12°5'41.3"E
Br5	Bolvær		UTM 33W 0364477 7265842 / 65°29'11.7"N 12°4'18.9"E
Br6	Stor-Esjeøya		UTM 33W 0364990 7265271 / 65°28'54.1"N 12°5'0.8"E
Br8	Skomo-Kvertind		UTM 33W 0377359 7264529 / 65°28'47.8"N 12°21'3.8"E
Br9	Engavatnet		UTM 33W 0385337 7258543 / 65°25'45.2"N 12°31'41.7"E
Br10	Aunhola		UTM 33W 0384527 7259084 / 65°26'1.6"N 12°30'37.2"E
Br12	Rugåsnesodden		UTM 33W 0387004 7256583 / 65°24'44.0"N 12°33'56.8"E
Br15	Aunlia road cutting		UTM 33W 0392796 7239406 / 65°15'36.7"N 12°42'14.0"E
Br19	Tosenfjord picnic site		UTM 33W 0398230 7240093 / 65°16'5.1"N 12°49'10.8"E
Br23	Tilremshatten		UTM 33W 0374906 7268263 / 65°30'44.9"N 12°17'40.8"E
Br24	Oterhola		UTM 33W 0383771 7255726 / 65°24'12.3"N 12°29'49.0"E

Easy Moderate Demanding Expert Boat



Br 24 OTERHOLA

UTM 33W 0383771 7255726
65°24'12.3"N 12°29'49.0"E



VEGA

There were scarcely any islands around Vega when the ice melted and Stone Age people settled by the shores, 90 metres above the present sea level. Today, Vega is surrounded by 6500 islands, islets and skerries; new ones appear all the time, and the former seabed is farmed.

Land uplift and early settlement have been a gift for archaeologists. The archipelago is part of a strandflat that continues all the way out to Bremstein before the seabed dives to a great depth. Orchids that need limy soil are found on the former seabed beside Guristraumen. At Sundsvoll, the Vega granite stands out among the boulders. If it could speak, you would learn about the collision with America 400 million years ago.

The Vega Archipelago was inscribed on the UNESCO World Heritage List in 2004. Fishermen and farmers have lived here in sustainable harmony with nature for more than 1500 years. The best example is the age-old tradition of collecting down and eggs from the wild eiders. Each spring, bird tenders journey out to islets where the tradition has been maintained to make nesting houses and shape nests for the eiders. In return, they can collect the costly down from the nests when the birds have left them. The tenders hand-clean the down and use it for exclusive quilts.



Vg16 SUNDSVOLL AND SØLA

UTM 32W 0628534 7285642
65°40'0.7"N 11°47'46.7"E



EXCITING THINGS TO DO

Gateway to the World Heritage Area

In the former fishing harbour at Nes on Vega, the E-house Museum and the World Heritage Exhibition tell you the history of the traditional tending of eiders and World Heritage. You can handle genuine eider down and get to know the islanders through exhibitions and films. Most of the World Heritage Area is in the archipelago off Vega and scheduled boat trips go to the down islets of Lånan and the cotter's houses on Emårsøy in summer.
www.verdensarvvega.no
www.visitvega.no
www.helgelandmuseum.no

Kayaking in the World Heritage Area

This is an eldorado for kayaking, not just because of the wealth of islands, islets and skerries, but also for the unique birdlife. Close on 250 bird species have been found nesting in the area. You can take day trips kayaking in narrow straits and picnicking in sheltered bays. The islets off Vega give you a glimpse of cultural history through 50-100 years. More open water is not far away, where kayaking is more challenging. To cap a perfect day, we recommend that you kayak to Vega Havhotell to enjoy a gourmet meal with Anna and Jon as hosts.

Kayak hire:

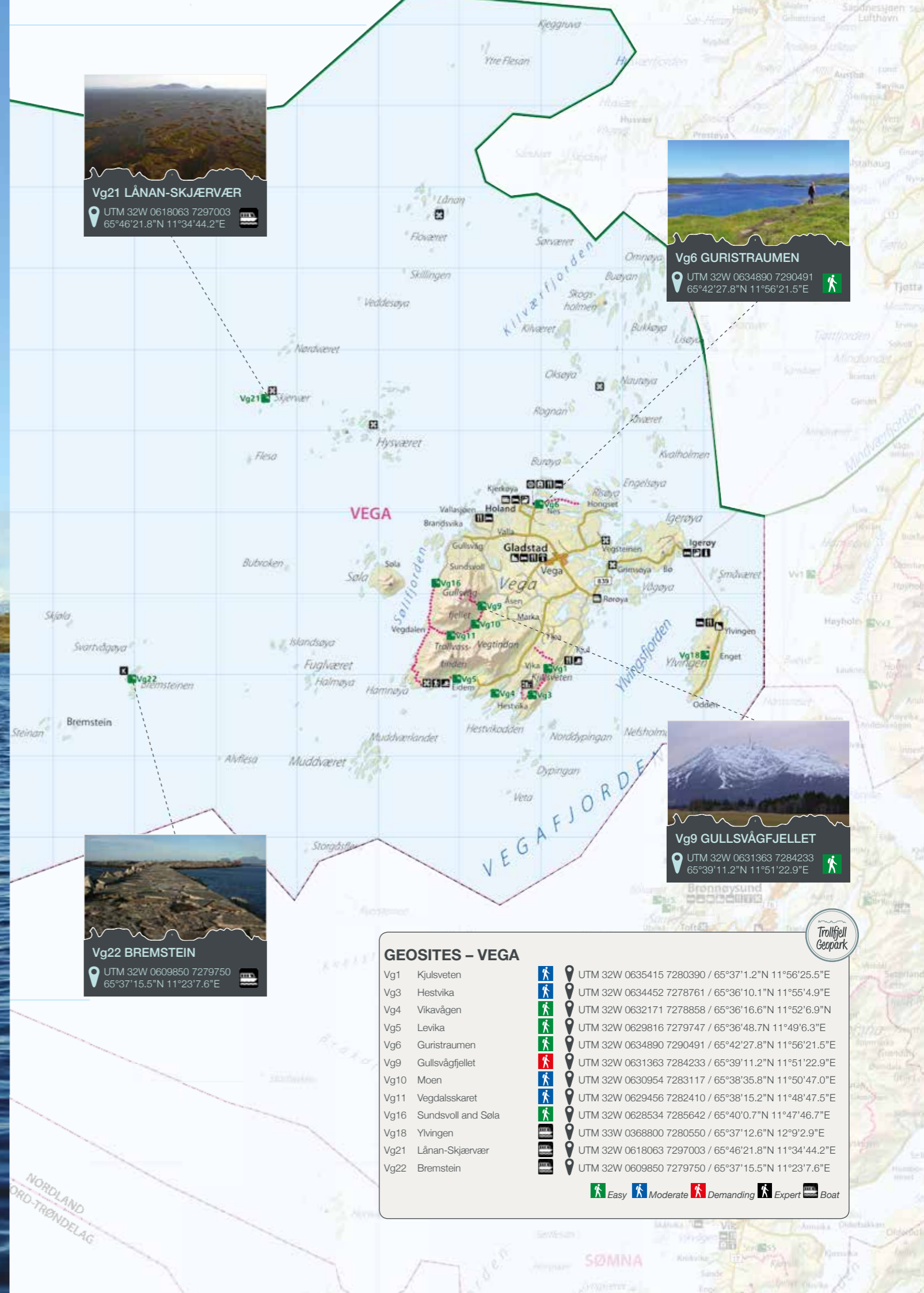
Vega Opplevelsesferie
+47 415 69 859

USEFUL ADDRESSES

Overnight accommodation:

Hotels – fishermen's shacks – holiday houses – camp sites
Tourist Information Office on Vega, +47 75 03 53 88

www.visitvega.no
www.visithelgeland.com
www.kystriksveien.no



Vg21 LÅNAN-SKJÆRVÆR
UTM 32W 0618063 7297003
65°46'21.8"N 11°34'44.2"E

Vg6 GURISTRAUMEN
UTM 32W 0634890 7290491
65°42'27.8"N 11°56'21.5"E

Vg16 SUNDSVOLL AND SØLA
UTM 32W 0628534 7285642
65°40'0.7"N 11°47'46.7"E

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Kayak hire:
Vega Opplevelsesferie
+47 415 69 859

USEFUL ADDRESSES

Overnight accommodation:
Hotels – fishermen's shacks – holiday houses – camp sites
Tourist Information Office on Vega, +47 75 03 53 88

www.visitvega.no
www.visithelgeland.com
www.kystriksveien.no

Vg22 BREMSTEIN
UTM 32W 0609850 7279750
65°37'15.5"N 11°23'7.6"E

Vg9 GULLSVÅGFJELLET
UTM 32W 0631363 7284233
65°39'11.2"N 11°51'22.9"E

GEOSITES – VEGA

Vg1	Kjulsveten	UTM 32W 0635415 7280390 / 65°37'1.2"N 11°56'25.5"E
Vg3	Hestvika	UTM 32W 0634452 7278761 / 65°36'10.1"N 11°55'4.9"E
Vg4	Vikavågen	UTM 32W 0632171 7278858 / 65°36'16.6"N 11°52'6.9"N
Vg5	Levika	UTM 32W 0629816 7279747 / 65°36'48.7"N 11°49'6.3"E
Vg6	Guristraumen	UTM 32W 0634890 7290491 / 65°42'27.8"N 11°56'21.5"E
Vg9	Gullsvågfjellet	UTM 32W 0631363 7284233 / 65°39'11.2"N 11°51'22.9"E
Vg10	Moen	UTM 32W 0630954 7283117 / 65°38'35.8"N 11°50'47.0"E
Vg11	Vegdalskkaret	UTM 32W 0629456 7282410 / 65°38'15.2"N 11°48'47.5"E
Vg16	Sundsvoll and Søla	UTM 32W 0628534 7285642 / 65°40'0.7"N 11°47'46.7"E
Vg18	Ylvingen	UTM 33W 0368800 7280550 / 65°37'12.6"N 12°9'2.9"E
Vg21	Lånan-Skjærvær	UTM 32W 0618063 7297003 / 65°46'21.8"N 11°34'44.2"E
Vg22	Bremstein	UTM 32W 0609850 7279750 / 65°37'15.5"N 11°23'7.6"E

Easy Moderate Demanding Expert Boat

VEVELSTAD

Vevelstad has been a meeting place for thousands of years. The rock carvings in Vistnesdalen date from the Late Stone Age and include stylised images of elk, reindeer and halibut. Steep mountains rise above the strandflat, including the 1239 m high Vistkjerringa, the tallest peak in the region, proudly reigning over some 900 other summits. Vistenfjorden is one of the cleanest fjords in the country and takes you into the Lomsdal-Visten National Park where you will find a special virgin landscape of rivers, lakes, woodlands and peaks.

Vevelstad has many marked hiking paths of varied difficulty and length. On the island of Esøya you can see the first visitor's book on the coast, where seafarers carved their names in soapstone between AD 1000 and 1800. Nidaros Cathedral in Trondheim was built early in this period; it is said using soapstone from Vevelstad.



Biotitt fra steinsamling ved Vevelstad Museum.



EXCITING THINGS TO DO

Vevelstad Rural Museum (Helgeland Museum)

Vevelstad Rural Museum has cultural history displays and exhibits that span more than 6000 years, including 19th century textiles and china, a joiner's workshop and Nordland boats, and also a varied collection of rock and mineral samples.
www.helgelandmuseum.no

Vistnes Trail

A fine, 3.2 km long, nature and cultural history trail goes from Vevelstad Rural Museum to the Vistnesdalen rock carvings. It takes you through a coastal and agricultural landscape, past a variety of attractions including a former trading post, a prehistoric settlement and geological sites. The trail has some short, steep sections. You can get a map at the museum.

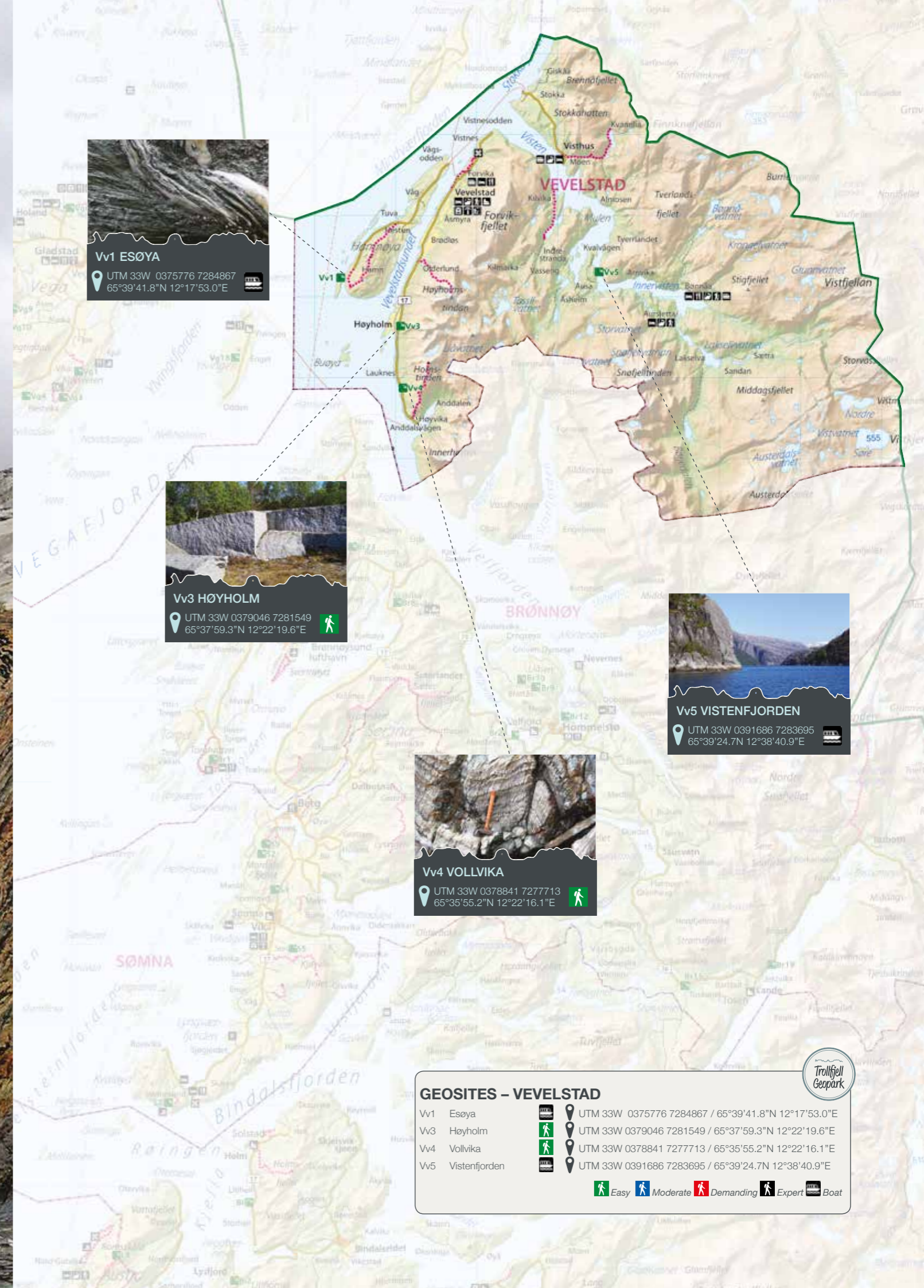
USEFUL ADDRESSES

Overnight accommodation:
Trading post – fishermen's shacks – cabins

Tourist Information Office in Brønnøysund,
☎ 75 01 80 00

www.visitvevelstad.no
www.visithelgeland.com
www.kystriksveien.no

Vv4 VOLLVIKA
📍 UTM 33W 0378841 7277713 / 65°35'55.2"N 12°22'16.1"E 🚶



Vv1 ESØYA
📍 UTM 33W 0375776 7284867 / 65°39'41.8"N 12°17'53.0"E 🚶

Vv3 HØYHOLM
📍 UTM 33W 0379046 7281549 / 65°37'59.3"N 12°22'19.6"E 🚶

Vv5 VISTENFJORDEN
📍 UTM 33W 0391686 7283695 / 65°39'24.7"N 12°38'40.9"E 🚶

Vv4 VOLLVIKA
📍 UTM 33W 0378841 7277713 / 65°35'55.2"N 12°22'16.1"E 🚶

GEOSITES - VEVELSTAD

Vv1	Esøya	📍 UTM 33W 0375776 7284867 / 65°39'41.8"N 12°17'53.0"E
Vv3	Høyholm	📍 UTM 33W 0379046 7281549 / 65°37'59.3"N 12°22'19.6"E
Vv4	Vollvika	📍 UTM 33W 0378841 7277713 / 65°35'55.2"N 12°22'16.1"E
Vv5	Vistenfjorden	📍 UTM 33W 0391686 7283695 / 65°39'24.7"N 12°38'40.9"E

🚶 Easy 🚶 Moderate 🚶 Demanding 🚶 Expert 🚶 Boat




BINDAL

Bindal has always both concealed and created great assets. Even today, the quartz in the Bindal mountains conceals gold worth millions, and the rural museums at Terråk and Vassås show how Bindal people have exploited their timber in the best way. Ever since the Viking Age, spruce and pine have been transformed into safe and always sought after boats in Bindal. Bindal boats are still being built in the traditional manner and every summer they are prominent in Bindalsfjord during the Nordland boat regatta.

Seafarers often used to navigate with the help of “the Norwegian buck”, the name they gave to the proud mountain, Heilhornet (1058 m a.s.l.). Kvanntind (1095 m a.s.l.) is still higher, and Otto Sverdrup, the polar explorer, Arvid Sveli, the author, and all other Bindal people have seen the light of day at the foot of these mountains. Vitality and faith in the future prevail here, from the mountaintops to the floor of the fish cages.



Bi1 HEILHORNET

UTM 33W 0363170 7220899 / 65°4'60.0"N 12°5'18.6"E 



EXCITING THINGS TO DO

Hike up Heilhornet mountain

Heilhornet (1058 m a.s.l.) has three characteristic peaks and dominates the surrounding landscape. The mountain offers marvellous views all the way to the summit, 5.5 km of moderately difficult terrain. A marked path takes you right to the summit, 5.5 km of moderately difficult terrain. You can park beside Fv 17, just over a kilometre north of Heilhornet Gjestegård. www.turkarthelgeland.no

Bindal rural museums (Helgeland Museum)

Vassås Rural Museum is an authentic cotta's farm, Solheim, whose buildings and their furnishing are from the time when Hilda Busch lived alone here. The rural museum in the centre of the village of Terråk tells you about the local tradition of building small wooden boats, the timber industry and the boreal rainforest. www.helgelandmuseum.no

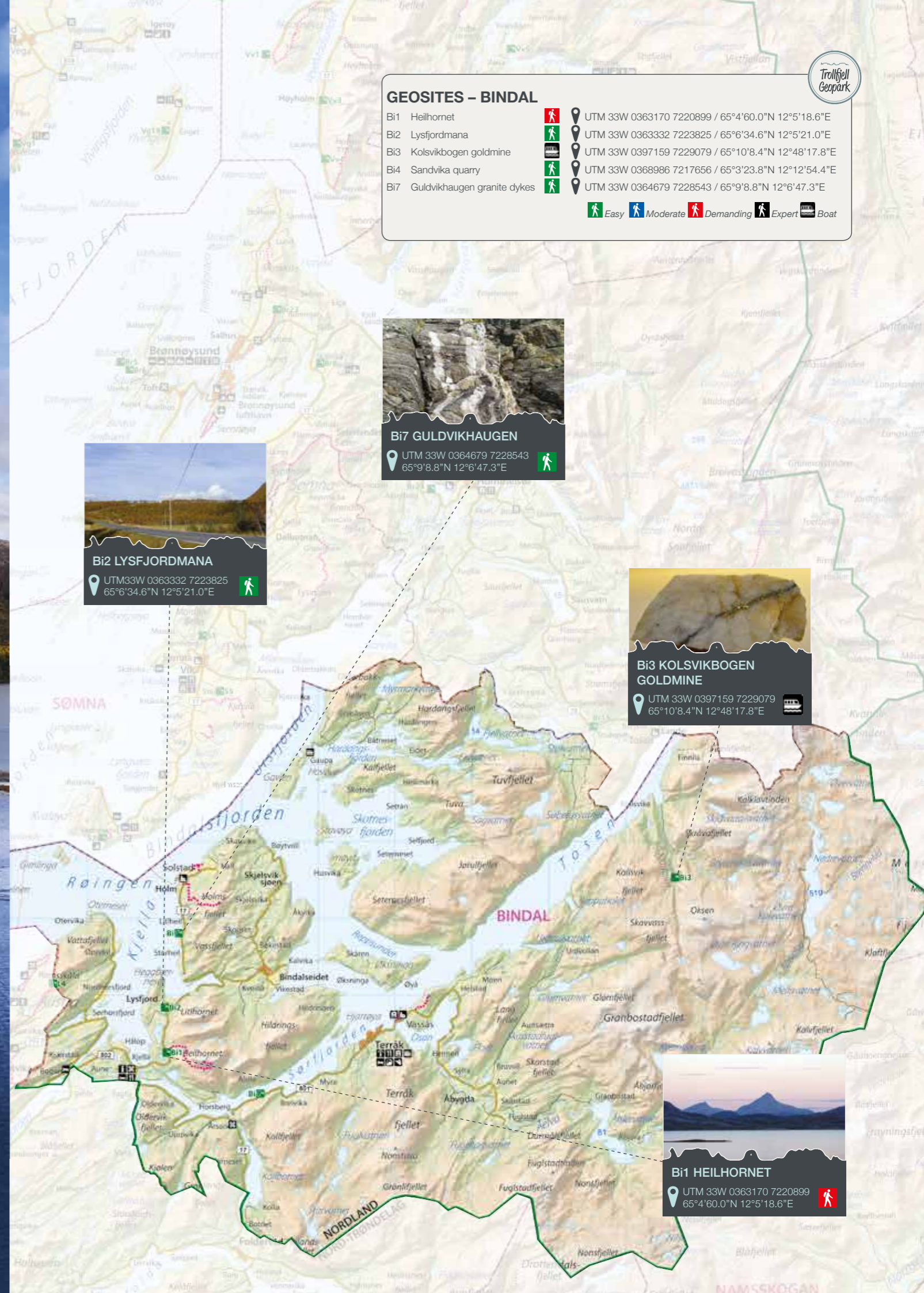
USEFUL ADDRESSES

Overnight accommodation:

Guesthouse – holiday houses – cabins – camp sites

Tourist Information Office in Bindal (Bindal Council Offices), ☎ +47 75 03 25 00

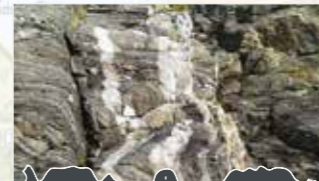
Tourist Information Office in Brønnøysund, ☎ 75 01 80 00
www.visithelgeland.com
www.kystriksveien.no



GEOSITES – BINDAL

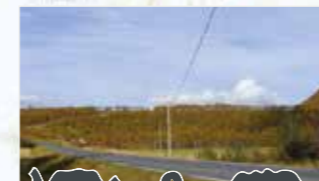
- Bi1 Heilhornet  UTM 33W 0363170 7220899 / 65°4'60.0"N 12°5'18.6"E
- Bi2 Lysfjordmana  UTM 33W 0363332 7223825 / 65°6'34.6"N 12°5'21.0"E
- Bi3 Kolsvikbogen goldmine  UTM 33W 0397159 7229079 / 65°10'8.4"N 12°48'17.8"E
- Bi4 Sandvika quarry  UTM 33W 0368986 7217656 / 65°3'23.8"N 12°12'54.4"E
- Bi7 Guldvikhaugen granite dykes  UTM 33W 0364679 7228543 / 65°9'8.8"N 12°6'47.3"E

 Easy  Moderate  Demanding  Expert  Boat




Bi7 GULDVIKHAUGEN

UTM 33W 0364679 7228543 / 65°9'8.8"N 12°6'47.3"E 




Bi2 LYSFJORDMANA

UTM33W 0363332 7223825 / 65°6'34.6"N 12°5'21.0"E 



Bi3 KOLSVIKBOGEN GOLDMINE

UTM 33W 0397159 7229079 / 65°10'8.4"N 12°48'17.8"E 



Bi1 HEILHORNET

UTM 33W 0363170 7220899 / 65°4'60.0"N 12°5'18.6"E 

SØMNA

The strandflat and the mild climate since the Iron Age have resulted in the fertile farming conditions that have made Sømna the principal agricultural district in Nordland, with the northernmost wheat production in the world. The strandflat is cultivated right up to the hillsides where you can take improved paths up to wonderful viewing points. The 648 m high Lysingen is the most outstanding of these peaks.

Many cultural heritage monuments have been recorded, showing that there has been human activity here for a long time. The oldest shoe found in Norway, a leather shoe dated to 300 BC, was found in a bog in Sømna. Traces are left of where our ancestors chiselled out soapstone cooking vessels at Rødbergene, and at Heståsen a monumental stone stands proudly on the top of a huge boat-shaped grave.

Near the foot of Mardalsfjellet is Triborgen, a large cobble-stone shore ridge 40–50 m a.s.l. It is proof of a higher sea level after the last Ice Age. A myth tells that a huge treasure is buried here, sufficient to provide food for all the inhabitants of Norway for 30 years.

Olav's well at Vennesund is linked to Olav the Holy or King Olav Haraldsson, who is supposed to have landed here to get water. Drinking the holy water from the well is said to ensure good health and a long life.



EXCITING THINGS TO DO

Sømna Rural Museum (Helgeland Museum)
Sømna Rural Museum is beautifully situated close to the church and provides information on the local cultural history with emphasis on the everyday life of farmers and fishermen-farmers and their families from 1800 to 1950. The museum comprises 12 historical buildings, including an old shop and a reconstructed stone-oven bakery where courses in baking and traditional food are held. Freshly baked bread straight from the oven is sold at these events.
www.helgelandmuseum.no

Hiking
Sømna has numerous marked paths, many leading to summits. Choose a hilltop and pack your rucksack for an active day which will be rewarded by wonderful views of farmland and the archipelago. Summits close to the main road (Fv 17) include Trælne-shatten, Kjørsvikfjellet, Sør-fjellet on Sør-Kvaløya and Bjorufjellet.
www.turkarhelgeland.no

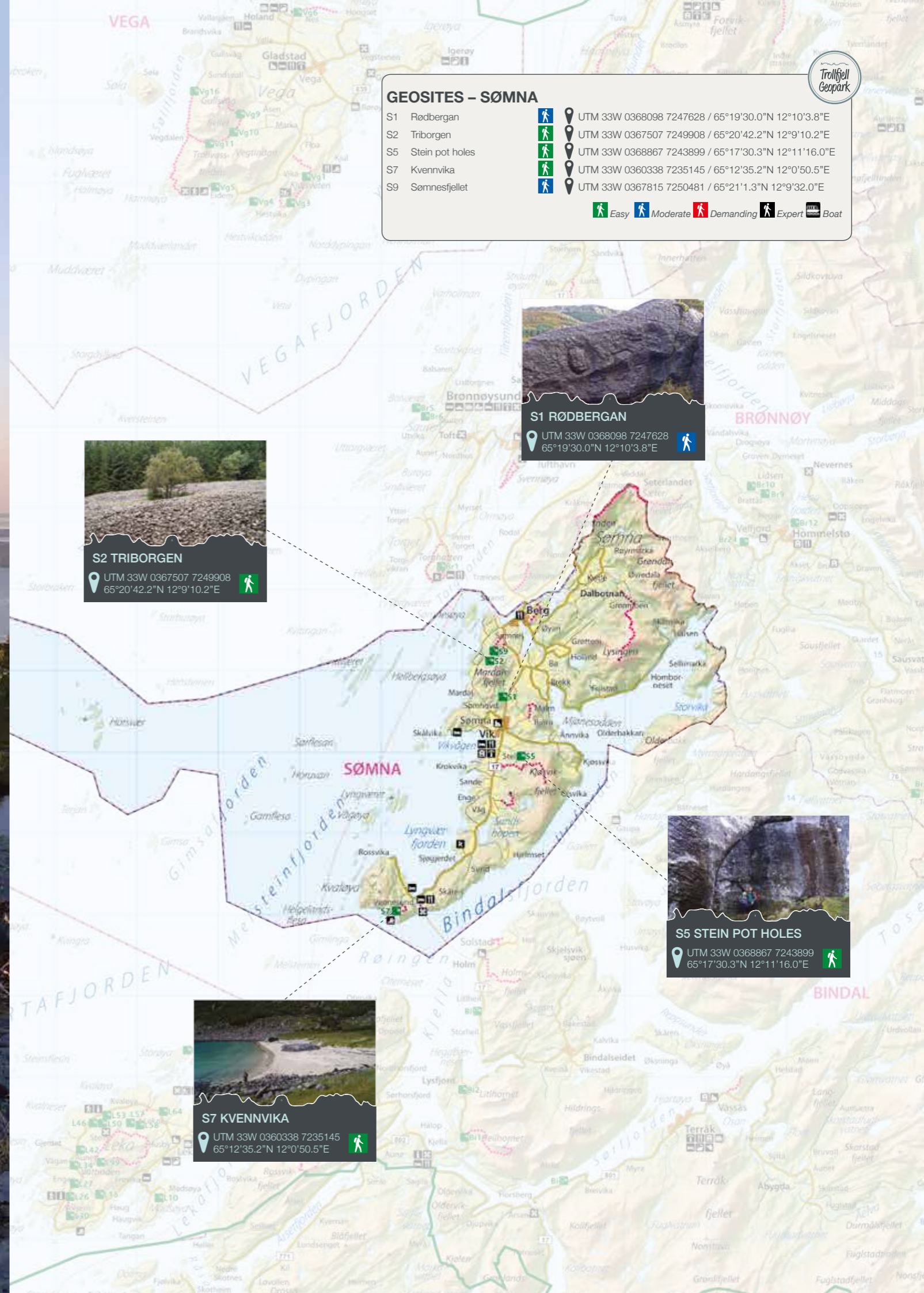
USEFUL ADDRESSES

Overnight accommodation:
Guesthouse – cabins – camp sites – holiday houses



Tourist Information Office in Brønnøysund,
+47 75 01 80 00
www.visithelgeland.com
www.kystriksveien.no

S9 SØMNESFJELLET

UTM 33W 0367815 7250481
65°21'1.3"N 12°9'32.0"E



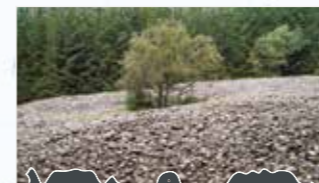
GEOSITES – SØMNA

- S1 Rødbergan  UTM 33W 0368098 7247628 / 65°19'30.0"N 12°10'3.8"E
- S2 Triborgen  UTM 33W 0367507 7249908 / 65°20'42.2"N 12°9'10.2"E
- S5 Stein pot holes  UTM 33W 0368867 7243899 / 65°17'30.3"N 12°11'16.0"E
- S7 Kvennvika  UTM 33W 0360338 7235145 / 65°12'35.2"N 12°0'50.5"E
- S9 Sømnesfjellet  UTM 33W 0367815 7250481 / 65°21'1.3"N 12°9'32.0"E

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S1 RØDBERGAN
UTM 33W 0368098 7247628
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